UNITED STATES KARATE ALLIANCE

BUSHIDO BULLETIN

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HAPPY NEW YEAR 2000 !

The new millennium looks bright, and busy. Now that the Y2K worries are out of the way, we can get on with plans for the New Year. Plans are fast and furiously underway for the 2000 Nationals Tournament and Annual Seminar to be held April 13-16, 2000 at the Crowne Plaza Pyramid Hotel in Albuquerque, New Mexico. Two new seminars are being offered this year; Instructor's Self Defense Certification by Maria Evans, and Chanbara Techniques by Dana Abbott. Fumio Demura, and Bruce and Ann-Marie Heilman will also be conducting seminars. Mr. Demura will focus on techniques to enhance your Kata and Kumite abilities. The Heilman's will feature the Bo, Eiku, Tunfa, Sai, and Nunchaku. Sport Chanbara will also be offered as a new event to the Nationals Tournament this year.

The Alliance National Convention will be held April 13, 2000, during Nationals. All proposed amendments to the Rules must be submitted to Alliance Headquarters by February 13th to be included in this year's agenda at the Alliance Nationals. These may be submitted by mail to: USKA, P.O. Box 8643, Albuquerque, NM 87198, by fax to: (505) 831-5339, or by E-mail to: uska@uska.net. Proposals to be considered at this year's National Convention will be printed in the next Bushido Bulletin, so keep an eye out for them.

The 2000 World Championships are scheduled for July 27-30, 2000 at the Radisson Hotel in New Orleans, Louisiana. Mark your calendar.

The next point year tournament schedule is already taking shape, as people are thinking ahead with great plans. Promoters: If you have a date in mind for your next event, contact Headquarters as soon as possible to be sure there aren't any conflicts.

We look forward to seeing everyone at the Alliance Nationals in April, and wish everyone a Happy New Year!

USKA NOW OFFERING INSTRUCTOR'S SELF DEFENSE CERTIFICATION

by Maria Evans, 5th Dan

The United States Karate Alliance is offering Instructor's Self Defense Certification at the 2000 Nationals Tournament and Annual Seminar. The seminar will be open to Brown Belts and Black Belts 18 years and older. Black Belts will receive USKA Instructor's Self Defense Certification, and Brown Belts will receive USKA Instructor's Assistant Certification.

As a Black Belt in your community, it is natural that people believe that you are an expert in Self Defense. In almost all cases that assumption would be true. We constantly prepare our bodies and our minds for this possibility.

Ten years ago I began to teach Women's self defense in my community. After spending 20 years in the martial arts I thought I was more than well prepared and well qualified. What I found out was that I had a lot to learn about teaching the techniques that I had relied upon as a trained martial artist to the general public, and the effectiveness of the techniques when taught to the general public. There is a world of difference between the time you have to prepare your students, and the time you have to teach a housewife, who does not train the basics of self defense. I had to make sure that what we would teach them would work, and that I was passing along correct information, not just my assumptions.

Research began by speaking to the law enforcement authorities and working with other black belt women to eliminate all the techniques that did not work for us against a large man. Heather Brygga, a Black Belt in Aikido, and Pat Cooper, a Black Belt in Shuri Ryu as well as a trained Judoka, were key in developing and testing the program as well as gathering the correct information to pass along to the women. We formed an alliance with the local Rape Crisis Center. We are now providing their official self defense program, and are involved in training their trainers.

In speaking to other martial artists, reviewing videos, and attending other self defense programs, we came across a lot of misinformation that was being delivered as fact. We found some techniques that worked only if you were a trained martial artist, and that some did not work at all if there was a size differential. We had to modify or eliminate some of our favorite techniques until we came up with the simplest most effective techniques. What is left is easy to use, easy to teach, and the most effective.

While attending other programs, we noticed that questions that were uncomfortable for the instructor were left unanswered, and situations that were key to safety were not discussed. Some instructors did not know how to handle a person who experienced a flash-back of a sexual assault while in class, or how to deal with the other students in the class. In speaking to the instructors, we found that they were sincere, and thought their information was correct, and were glad to have the new information. Several of them asked for a formal training class (the do's and don'ts) to get up to speed on the information and the presentation of the information

The Instructor's Self Defense Certification seminar WE

will be presenting at Nationals will cover not only the physical part of the program, but how to present the information. It will also cover how to handle the various issues and questions that arise in the course of teaching the subject. We will have a reference manual and training aids available that will allow you to present a well thought out, thorough program whether it is a one hour seminar or a twelve hour course. I hope to see you there!

SPORT CHANBARA OFFERED AT 2000 NATIONALS TOURNAMENT

by Dana Abbott, 6th Dan

Chanbara, Japan's fastest growing combative sport is now sweeping the United States like wildfire.

Traditional martial art masters have created a new era of swordplay and weapons practice by using new materials making them out of a flexible plastic. This full-contact sport has an amazing effect on motor skills and reflexes, while eliminating the high risk of injury customary with other weapons practices. The only physical protection required is lightweight headgear. Chanbara has something for everyone, from ages four to 104, from burning excess energy to eliminating fat to enhancing martial arts skills.

Moreover, tournament Chanbara offers unbelievably fast and exciting sparring. Even the people who swore they would never compete in a tournament again are now picking up the sword.

Look for the Chanbara competition and seminar offered at this year's Nationals Tournament & Annual Seminar. USKA Rules and Regulations apply to Chanbara, allowing all competitors, instructors, and spectators alike to enjoy *true sparring at its best.*

VARIOUS TOURNAMENT HIGHLIGHTS

November of 1999 was a busy tournament month, especially for 2000 National qualifying tournaments. Remember, if you're not a Black Belt, yet, you'll have to qualify to compete at the 2000 Nationals Tournament in Albuquerque, New Mexico. How do you qualify? You qualify by placing first, second, or third at the 1999 Alliance Nationals, the 1999 Alliance World Championships, a 1999/2000 point season Alliance State or Regional Championship, or be in the top ten of the Alliance 2000 National Point Standings.

Mike Wall, the USKA Arizona State Representative, held the 1999 Arizona State Championships in Phoenix, Arizona November 13th. What a great day it was for competition. Joe Dupaquier, a student of Dr. David Jordan's from Louisiana, took home Black Belt Kata Grand Champion honors. Byron Queen, a student of Tim VanDenover's from Scottsdale, Arizona went home with Black Belt Kumite Grand Champion honors. Youth Kata Grand Champion honors went to Shaina Jones, a student of Mike Wall's from Phoenix, Arizona.

The 1999 Texas State Championships were hosted by Juan Galvan, the USKA Texas State Representative, in The Colony, Texas November 20th. Double honors went out to Joe Dupaquier that day with a sweep – Grand Champion Black Belt Kata and Grand Champion Black Belt Kumite. That's the way, Mr. Dupaquier!

Richard & Cindy Long, the USKA New Mexico State Representatives, hosted the 1999 New Mexico State Championships in Belen, New Mexico November 20th. Competition was fierce, but when the day was done, five Grand Champion honors had been awarded. Grand Champion trophies were awarded to Javier Gonzales, a student of Gary Purdue from Albuquerque, NM for Black Belt Kata; Chris Hawkes, a student of James H. Hawkes from Albuquerque, NM for Black Belt Kumite; Kristy Cappuccilli, a student of Randy Sanders from Albuquerque, NM for Adult Kyu Kata; Michael Long, son and student of Richard & Cindy Long from Belen, NM for Youth Advanced Kata; and Alan Chao from Albuquerque, NM for Youth Beginning Kata.

The Northeast Regional Championships were held in Monroeville, Pennsylvania on November 21st by the USKA Northeast Regional Director, Frank Caliguri. Seven Kata Grand Champion awards were awarded that day. Honors went out to: Bill Viola – Black Belt Kata, Ryan Mitchell – Junior Black Belt Kata, Tim Meyer – Adult Kyu Kata, Bruce Clark – Junior Advanced Kata, Heather Adams – Junior Beginning Kata, Billy Leader – Youth Advanced Kata, and Ian Elms – Youth Beginning Kata.

Jamey Todd of Shreveport, Louisiana, held the 1999 USKA Ark-La-Tex Invitational on December 11, 1999. Grand Champion honors went out to Rodney McPherson for Black Belt Kata and Jamey Todd for Black Belt Kumite.

Congratulations to ALL!

ANNOUNCEMENTS

Promoter's Note:
Effective December 6, 1999, promoters may use their discretion when dividing required Weapon divisions as long as there are at least four in each division made.

Point Year Correction:
This point year ends:
May 6, 2000.
Remember, The points are now tabulated from the Promoter's results.

USKA Web Site:
The USKA Web Site has been updated. Check our web address at:
www.uska.net

USKA Supplies:

Patches	$ 6.00
T-shirts	$12.00
New USKA T-shirts are in!	
Baseball Caps	$12.00
Window Decals	$ 2.00
Rule Books	$15.00

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